

**PHYSICAL ACTIVITIES AND ITS IMPLICATION ON THE BODY  
MASS INDEX (BMI) OF THE UiTM STAFFS**

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## ABSTRACT

The purpose of this study is to assess the physical activity and its implication on the body mass index of the UiTM staffs. A total of fifty ( $n = 50$ ) UiTM staffs age between 20 to 40 and above were randomly selected from various level. The weight and height were measured and their body mass index (BMI) determined. In this study, obesity was defined as individuals having  $\geq 25 \text{ kg/m}^2$ . A questionnaire was prepared to obtain information on socioeconomic status, physical activity level and perception of body weight status. The study revealed a high prevalence of obesity (70%) as compared to only 24% of the ideal weight and 6% underweight among UiTM staffs. The majority of obese subjects reporting being inactive during leisure time. As a conclusion, physical activity plays more of a role in attenuating age-related weight gain. Moreover, increased amounts of physical activity may be necessary to effectively maintain constant body weight with increasing age.



# **CHAPTER I**

## **INTRODUCTION**

### **Background and Scope of Study**

Inactivity is a major cause of obesity in the United States. In fact, inactivity may be a far more significant factor in the development of obesity than over eating. Thus exercise must be recognized as an essential component in any program of weight reduction or control (National Center for Health Statistics, 1986). Physical activity can substantially alter body composition. Many people have believed that physical activity has only limited influence on changing body composition, and that even vigorous exercise burns too few calories to lead to substantial body fat reductions. Yet research has conclusively demonstrated the effectiveness of exercise training in promoting major alterations in body composition (Wilmore, J. H. and Costill, D. L., 1994).

Physical fitness is the ability of the body's system to function efficiently and effectively. Individuals who are physically fit have the ability to "carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies" (Bouchard, C. et al., 1990). Physical activity involved human movement in relation to health and physical fitness, which often classified as structured and unstructured. Commonly, it is more concern by among men than women, but decrease with age. In Healthy People 2000, the Public Health Service has established various physical activity and fitness objective to increase both structured